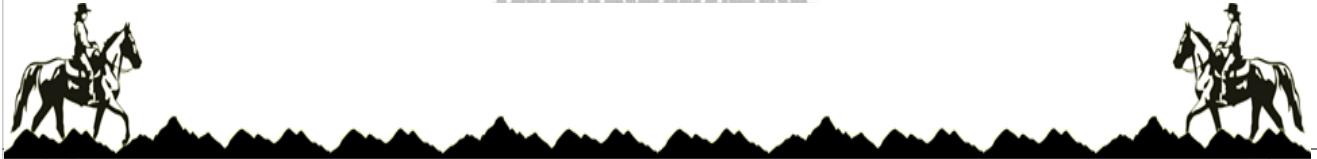


Gallatin Gallopers Workshop



Cedar Ridge Equine
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LIFE SKILL: RESPONSIBILITY

What are some responsibilities associated with horses?

1. What are some different types of grains?
2. How much grain does your horse eat each day? (In weight, not scoops)
3. How much hay does your horse eat per day? (In weight, not flakes)
4. About how much water does a horse drink per day?
5. What type of hay does your horse eat?
6. What is deworming?
7. How often is your horse dewormed? Why?
8. What are some vaccinations that a horse can receive?
9. What does “floating” a horse’s teeth mean? Why do you need to do this?
12. How often does a horse need its teeth floated?
13. What is a “body score”? What is the ideal number?
14. Name at least 4 areas of the horse’s body used to determine its body score.

What are some responsibilities that you have in your daily life?

EAT like a Horse...

Just like people, to stay healthy, horses need to eat a lot of different things. If they don't, then the horse can have problems. When a horse gets too much feed, they will become overweight, colic or other problems. A young horse that eats an unbalanced diet may grow slowly or not grow correctly. **Always store feed in a clean, dry well-ventilated area. Never feed moldy or dusty feed.**

FORAGE: The amount of hay to purchase and feed should be based on weight of the bales and nutrient value. Forages should make up the bulk of the diet. Forages include fresh grass or hay (which is dried grass). The high fiber of this feed is important to the health of the stomach and intestines. Also, good quality forage is high in nutrients, including energy, protein, vitamins, and minerals. Most horses can live very healthy lives on good quality hay or grass alone. Good quality hay should smell like fresh grass, should not be dusty or moldy, and should be soft when squeezed in bare hands. **A full-grown horse (1,000 pounds) will eat 15-20 pounds of hay each day AND a rule of thumb is to keep the forage level at 50% or more of the diet .** 2 acres of pasture per horse if no supplemental grain is fed. A range of grazing time could be as long as 6-10 hours per day for a horse at maintenance. Young, growing horses may need 15 hours a day.

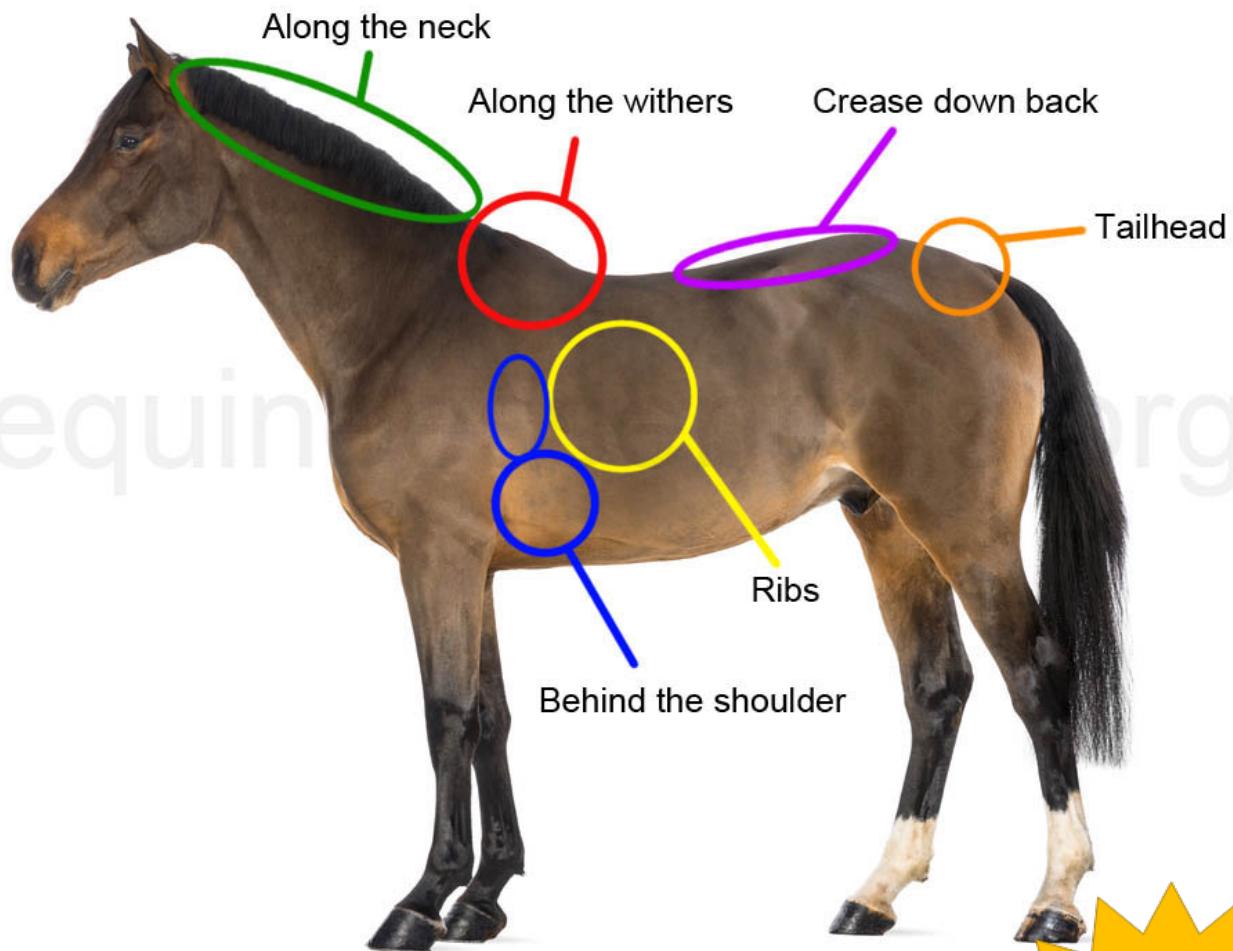
Facts of Hay: *Legume* (alfalfa and clover) hay is higher in protein and energy than grass hay; therefore, you need to feed more (weight) grass hay than legumes. Grass hay will keep the horse busy eating longer, preventing boredom. Second and third cutting hays are higher in protein (18-24%) and energy than first cutting. However, horses only need 10-12% protein in their feed. A small rectangle bale of hay can range between 45 and 85 pounds per bale. *Grasses* (orchard, timothy, brome types) tend to be lower in protein and energy. *Weeds* have limited nutritional value; weed seeds can be passed through the manure and infest your pasture, buy hay that does not contain many weeds. Some weeds are poisonous to horses. Hay for horses must be mold and dust free.

CONCENTRATE: Grain (textured, pelleted, or extruded) can be added to the diet if a horse needs more energy (for exercise or growth), protein (for muscle development), or vitamins and minerals (for healthy bones and body). Horses receiving good quality forage often do not need concentrates in their diet. Treats can be used as a reward for good behavior or just as a snack. Horse treats can be bought at the store, but apples and carrots also make good snacks for horses. Treats shouldn't make up the bulk of the diet. Horses should not get more than 1/2% of body weight in grain per day.

WATER: A horse must have ample clean, fresh water available at all times. **A horse will drink 10 to 12 gallons of water per day depending on temperature, humidity levels, ration content and workload.** In the winter months, stock tank heaters will help prevent ice build-up and make water accessible to animals. Water is the most important part of the diet,

because a horse will get sick after just 2-3 days without water. Horses at work can lose 2-3 gallons of water in sweat/ hour.

SALT: Blocks provide horses with extra salt and are usually



Responsibility:
Always keep the
stable clean and
feed your horse
hay and water
every day.

LIFE SKILL: CARE AND WELL-BEING

How do you ensure the well-being of your horse?

What does TPR stand for?

Name two signs a horse is uncomfortable/ill.

Where would you take your horse's pulse?

Where do you take a horse's temperature?

What is a horse's normal temperature?

What is a horse's normal respiration rate?

How do you listen for gut sounds?

What is capillary refill? What is the average time?

Perform the following vital signs on the horse:

- a. Horse's temperature _____
- b. Respiration rate _____
- c. Horse's pulse _____
- d. Describe gut sounds _____
- f. Capillary Refill Time _____
- g. Tie a Quick Release Knot _____

How do you ensure your own well-being? What do you do to care for yourself?

Quick Facts:

Gut Sounds- This refers to the sounds that the gut makes in digesting the feed. A horse should have a normal gurgling sound on both sides of the abdomen back near the flanks.

Temperature- A horse's normal body temperature is **99 - 101 F**.

Pulse- The normal pulse rate, most often taken by listening to the heart on the left side of the chest just behind the left elbow, is **36 to 42 beats per minute**.

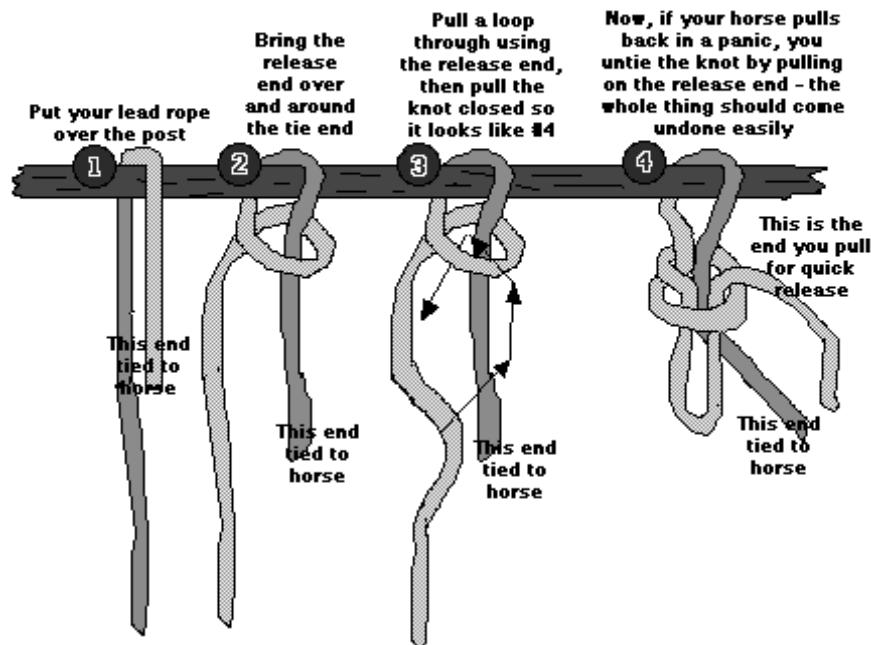
Young stock and ponies tend to be a bit faster.

Respiration- The normal rate for horses is between **8-12 breaths per minute**.

Capillary refill time (time it takes for color to return to gum tissue adjacent to teeth after pressing and releasing with your thumb): **2 seconds**.

Tying the Quick Release Knot

Practice tying this knot without your horse until you can do it correctly and release it just by pulling on the free end. This is the ONLY knot you should use to tie horses.



How to take your horse's temperature: Use a glass or electronic rectal thermometer and tie a string with a clip on the end to the thermometer's end loop. Lubricate the tip with a dab of K-Y or petroleum jelly and gently insert the thermometer into his anus the depth of about two inches. Normal temperature range is between 99 and 101.5 degrees Fahrenheit.

How to take your horse's pulse: Place your horse's left front foot forward; Place the head of the stethoscope against his chest wall, just beneath the left elbow, then push the scope as far forward under the elbow as possible. Listen for the "lub-dub" sound of his heartbeat. Count the number of beats in a 15-second period, and multiply that number by four to determine his beats-per-minute (bpm). An average resting heart rate is between 30 and 40 bpm.

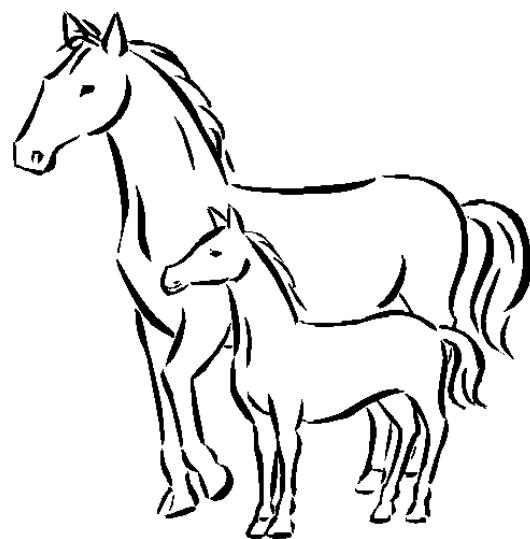
How to listen for gut sounds:

Hold a stethoscope against your horse's lower flank for at least one minute. Move the stethoscope higher on his flank and listen again. Move to his other flank and repeat. Normally

you'll hear two to four soft bubbles/gurgles per minute, and one loud grumbling sound every two to three minutes. If his gut sounds are louder and/or more frequent, he may be experiencing mild colic. If you hear nothing (and your stethoscope is working) he may be experiencing severe colic. Silence indicates no gut movement.

Do horses have stress? Stress is the body's response to anything it considers threatening. For a horse this could be anything, including tailoring and traveling, showing, poor nutrition, feeding at irregular times, changes in other routines, environmental toxins, interactions within their social environment, variations in climate, and illness. Some types of stress include various physical stresses that are based on the physical makeup of the animal and its ability to respond to changes in diet, injury, etc. Psychological stresses are based on a horse's personality and its perception of life. For example, some horses are more stressed than others by being in a stall for long periods of time

Should I vaccinate? The American Association of Equine Practitioners defines core vaccinations as those "that protect from diseases that are endemic to a region, those with potential public health significance, required by law, virulent/highly infectious, and/or those posing a risk of severe disease. Core vaccines are Tetanus, Rabies, West Nile, Eastern/Western Equine Encephalomyelitis. A Coggins test is a blood test to detect the Equine Infectious Anemia virus, or EIA. It is a viral disease that is HIGHLY contagious. Although often infected horses do not die, they will remain carriers, and must be isolated for the rest of their life. There is no cure.

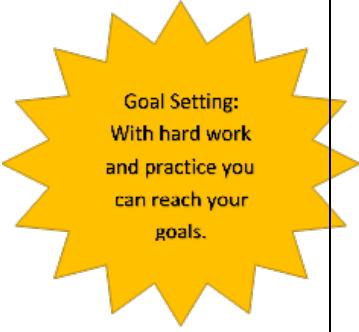


LIFE SKILL: GOALS

WHAT ARE YOUR GOALS WITH YOUR HORSE/4H PROJECT?

WHAT ARE YOUR CAREER GOALS?

WHAT ARE SOME HORSE CAREERS?



Goal Setting:
With hard work
and practice you
can reach your
goals.

There are many career options for those who want to work with horses. Here are 15 possibilities for those seeking an equine career:

1. Equine Veterinarian

[Equine veterinarians](#) provide preventative health care for horses and treat their injuries.

Becoming a licensed equine veterinarian involves a significant educational commitment, but the career has a solid average salary of \$85,000. Board certified practitioners or specialists can earn much higher salaries.

2. Equine Veterinary Technician

[Equine veterinary technicians](#) provide assistance to veterinarians as they complete exams and surgical procedures. Vet techs must complete a two year degree and pass an exam to become licensed in the field. Equine techs can expect to earn a salary in the \$31,000 to \$35,000 range; those with veterinary technician specialist certification (VTS) can earn higher levels of compensation.

3. Riding Instructor

[Riding instructors](#) supervise students and direct them in riding lessons and training sessions.

They may also get on a student's horse to demonstrate techniques. Instructors may specialize in a variety of riding disciplines such as hunt seat, saddle seat, dressage, reining, and show jumping. Instructors usually charge an hourly rate for coaching services but on average earn about \$35,000 to \$39,000 per year.

4. Farrier

Farriers are responsible for trimming, maintaining, and balancing equine hooves. Farriers must attend to each equine client about 7 times per year on average.

5. Mounted Police Officer

Mounted police officers use their horses to provide crowd control and deter crime. Mounted officers must first achieve regular police officer status via police academy training (which takes roughly six months) and then work for about 3 years on the regular force before becoming eligible to apply for specialty units like the mounted patrol. Police officers earn an average salary of \$53,540.

6. Broodmare Manager

Broodmare managers supervise the care of mares and foals. They are responsible for assisting with foals, teasing mares, and keeping detailed veterinary and production records. The average salary for a broodmare manager is about \$40,577.

7. Stallion Manager

Stallion managers supervise the care and breeding of stallions. They are involved in scheduling breeding shed appointments, supervising daily care, and promoting stallions to the public. The average salary for a stallion manager is about \$40,000.

8. Jockey

A jockey rides racehorses in flat or steeplechase races according to the trainer's instructions. Jockeys can ride multiple races each day, as well as working horses in the morning. Earnings vary widely as the jockey earns a percentage of their horse's winnings in each race, and race purses vary by track and level of competition.

9. Groom

Grooms provide daily care for the horses under their supervision, taking care to notice any changes in a horse's behavior or body that might signal a need for veterinary care. Grooms can expect to earn about \$20,000 per year on average.

10. Exercise Rider

Exercise riders work horses each morning on the racetrack, following the instructions given by trainers. Exercise riders are generally a bit taller and heavier than jockeys. Riders are usually

paid by the mount, and a full time exercise rider can earn a salary of \$27,000 (\$500 to \$700 per week).

11. Barn Manager

[Barn managers](#) supervise the care of the horses in their stable. They may be involved with hands on horse care, managing employees, and scheduling deliveries of feed and bedding. Barn managers earn \$30,000 to \$40,000 per year.

12. Bloodstock Agent

[Bloodstock agents](#) evaluate horses at auction and bid on them on behalf of their clients. They may also arrange the purchase of stallion seasons, proven racehorses, or horses that are privately for sale. Most bloodstock agents are involved in the Thoroughbred industry and earn a commission for their services. New agents can earn about \$30,000 per year, while experienced professionals may earn six figures.

13. Equine Dental Technician

[Equine dental technicians](#) remove sharp points from a horse's teeth (in a procedure known as "floating" the teeth). [Dental care](#) ensures that the horse is able to eat and perform properly. Equine dental techs usually earn a set fee per horse treated, with yearly earnings topping \$50,000.

14. Racehorse Trainer

[Racehorse trainers](#) condition their equine charges to compete in racing events. They must be well versed in all aspects of horsemanship and pass a licensing exam in each state where they intend to compete. Trainers earn a "day rate" for the horses under their care plus a percentage of their horses' winnings. Most trainers earn between \$20,000 and \$60,000 annually, though top trainers routinely earn six figure salaries.

15. Horse Breeder

[Horse breeders](#) arrange matings that result in foals of a certain breed or foals that are suited for a specific type of competition. The salary of a breeder can vary widely based upon what breed they produce and the quality of their breeding stock.

EQUINE GUIDED LEARNING (EGL)

WHAT IS EQUINE GUIDED LEARNING?

ROLES:

- EQUINE SPECIALIST
- MENTAL HEALTH PROFESSIONAL
- EXTERNAL OBSERVER

SPUDS:

S= Shifts

P=Patterns

U=Unique

D=Discrepancy

‘S (apostrophe S)= Self-awareness or “My Stuff”

S-

P-

U-

D-

‘S-

Team Appendages

1. How does this relate to working in teams?
2. What was your role and how did you contribute to the team?
3. What does this activity resemble in life and how?
4. How long did you continue doing the same things that didn't work before you had to get creative?
5. How do people come up with new ideas and get out of old patterns?

Obstacle Course- Communication and Overcoming Challenges

1. What was your process?
2. What helped the group be successful?
3. How did you contribute to the group?
4. How did the horse/horse's actions or behaviors represent your group as a whole?
5. How can all of these activities be useful and applied to your future educational and career goals?

Life Skill Colors

Use the colors to paint one of the life skills discussed today: Goals, Responsibility, Problem Solving and Critical Thinking, or Care and Well Being

WHAT I ENJOYED MOST ABOUT THE DAY: _____

WHAT I LEARNED ABOUT HORSES TODAY: _____

